

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

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APRIL 4, 2008

## CPRW-2 K-Bay Champs



Lance Cpl. Alesha R. Guard

Drew Washington, guard, No. 15, Commander, Patrol and Reconnaissance Wing 2, goes up for a shot to help his team to a 52-44 victory over Marine Aviation Logistics Squadron 24 during the Intramural Basketball League Championship game. See next week's issue for the full story and more photos from the championship game.

## Outlaws clobber Prop Guns 16-7

Lance Cpl. Brian A. Marion

Combat Correspondent

Combat Service Support Group 3 Outlaws gained their last victory in the regular season against Commander, Patrol and Reconnaissance Wing 2 Prop Guns, 16-7, in an Intramural Baseball League regular season game at Riseley Field here Monday.

The Outlaws will play Headquarters Battalion in the first round of the playoffs.

Before the game, Matthew Lawyer, Prop Guns coach, felt his team was ready for the game.

"We do what we usually do," Lawyer said. "Tonight determines who we play in the playoffs."

The coach for the Outlaws was just happy to have his team back together again and also looked forward to the

See OUTLAWS, C-5



Lance Cpl. Brian A. Marion

Benjamin Chester, Combat Service Support Group 3 Outlaws coach, smacks a foul ball during an Intramural Baseball League regular season game against Commander, Patrol and Reconnaissance Wing 2 Prop Guns at Riseley Field here Monday. The Outlaws won the game 16-7.



Lance Cpl. Achilles Tsantarliotis

In dedication to those who serve, the Marine Corps Base Hawaii 'D-Dogs' perform their choreographed routine, with a touch of 'OOORAH,' at the 6th Annual Aloha International Spirit Championship, Friday at the Waikiki Shell.

## MCBH 'D-Dogs' cheer on at Waikiki competition

Lance Cpl. Achilles Tsantarliotis

Combat Correspondent

**WAIKIKI, Hawaii** — Representing the finest fighting force in an unconventional way, Marine Corps Base Hawaii's newly formed cheerleading team, the "D-Dogs," competed for the first time in the 6th Annual Aloha International Spirit Championship - Friday and Saturday at the Waikiki Shell.

The D-Dogs started their rein of endless enthusiasm in August, and have practiced for the cham-

pionship since then by cheering for the youth football, baseball and basketball teams.

"We've worked really hard for this," said Valerie Hobbs, D-Dogs head coach. "We started practicing, working as a team and preparing since we started in August, by cheering for [Marine Corps Community Services] youth sports. For the last few weeks we've been practicing our routines for the championship - I think they'll do really well."

The team is composed of 8 to 12 year old girls with active duty parents.

See CHEER, C-5

## CSSG-3 beat SNCOA, 62-22

Lance Cpl. Alesha R. Guard

Combat Correspondent

Combat Service Support Group 3 defeated Staff Noncommissioned Officers Academy, 62-22, during an Intramural Basketball League playoff game at the Semper Fit Center here March 26.

Endless hours practicing in the heat, and a season's worth of gripping games, all lead up to these last battles of 'who's got what it takes to win the championship?'

"Most of us are returning players, so we play well together on both ends of the court," said Tyrone Franklin, guard, CSSG-3.

The heat was on from the beginning. Both teams tested each other's weaknesses, pushing each other to put up their best fight.

The tight zone from SNCOA kept CSSG-3 out of the lane and allowed them only five points in the first seven minutes of the game.

"We know how to pack in the zone on defense to get the steal," said Javen Roberson, head coach and forward, SNCOA. "We lost three tough players tonight, but we'll pull together as a team."

By ripping rebounds from the board and quickly passing the ball down the court for lay-ups, CSSG-3 fought to gain the lead.

"The players we lost

tonight have our height, so we usually get more rebounds," Roberson said.

Donald Samuels, guard, SNCOA, kept his team in the game by launching in a long three pointer, bringing the score to 9-3 with nine minutes left in the first half.

As the clock counted down, the teams dove for every loose ball and put up a shot each chance they had. With well over twice as many players, CSSG-3 subbed its players in

and out, keeping a fresh string of players coming at SNCOA.

With only six players, SNCOA fought CSSG-3's fresh string each time, making them work for every shot.

"We have quite a few more players tonight who've recently returned from training events," Franklin said. "Having a deeper bench makes a big difference."

Kentrell Allen, guard,

See LEAGUE, C-5



photo credit

Evan Russell, guard, Combat Service Support Group 3, jumps for a lay up against Staff Noncommissioned Officers Academy players during an Intramural Basketball League playoff game March 26. Combat Service Support Group 3 defeated SNCOA, 62-22, earning CSSG-3 a spot in the tournament's semi-finals.





Photos by Lance Cpl. Brian A. Marion

Men, women and children head down Reeves Road at the beginning of the seventh annual Headquarters Battalion Surf and Turf here Saturday. The competitors ran through the golf course, up North Beach and back to the Officer's Club in a 3.1 mile course.



Rex Gonzalez runs with his wife and son toward the finish line during Headquarters Battalion's Surf and Turf run here. About 150 people registered for the race, spanning 18 different age categories.



Runners wait in a parking lot behind the Officer's Club for Meghan Brophy, varsity sports coordinator, Marine Corps Community Services, to read off the names of the individuals who placed first in their respective age groups.

# Runners compete in K-Bay Surf-n-Turf

**Lance Cpl. Brian A. Marion**  
*Combat Correspondent*

About 150 runners from the military and local communities participated in the seventh annual Headquarters Battalion Surf and Turf run here Saturday.

The 5k run is part of the Commanding Officer's Fitness Series, which has races year-round.

The course took the competitors through the Kaneohe Klipper Golf Course, along the beach and by the Officer's Club.

The race began at 7 a.m., with a few racers registering right as the starting horn sounded.

The race averages about 150-200 runners based on unit deployments.

"We have a pretty good turnout today," said Meghan Brophy, varsity sports coordinator, Marine Corps Community Services.

The racers traveled down Reeves Road and into the golf course, offering them several views of the local area.

"The race offers the competitors a beautiful view of the ocean and of other places on base," Brophy said. "It also helps build morale between the community, the commands and inside the commands as well."

The course offered numerous terrain changes for the competitors to run through, including pavement, grassy hills and beach sand.

"It was a challenge having all the different terrains featured in the run," said Rex Gonzalez, a Surf and Turf competitor who ran with his family while pushing his son in a stroller. "Probably the worst one was the beach. It was all right in the middle, but trying to push a stroller through the loose sand at the beginning and end is almost like hitting a wall. It took three of us to push the stroller off the beach at the end. It's a really good and fun event for the family to enjoy."

As the racers negotiated the course, spectators gazed toward the golf course, searching for any sign of the runners

coming along the final stretch. About 17 minutes into the race, a solitary figure appeared from the beach side of the golf course, running along the sidewalk.

All doubts of him being someone running the golf course fell away as he left the sidewalk and ran along the final stretch of the cordoned-off pathway leading to the finish line.

As he turned the final corner by the O-Club, he heard his time, and he picked up his pace.

With a time of 19 minutes, 55 seconds, Conor Lucas-Roberts, maintenance management officer, 1st Battalion, 12th Marine Regiment, became the first person to cross the finish line of the race.

"It was fun," Lucas-Roberts

said. "I had a good time, and I enjoyed it enough to come back next year."

The runners competed in 18 different age groups divided by gender with the top three finishers in each category receiving a medal.

In addition to the age categories, the run had overall winners for the males and females.

Scot Muraoka and Ed Bickley followed Lucas-Roberts with times of 21:18 and 22:01, respectfully

Joy Engblade placed first for the females with a time of 22:37. Hollie Whitney and Sherry Laniosz followed Engblade with times of 24:37 and 26:40.

The next event in the Commanding Officer's Fitness Series is the 3rd Marines' 10K Run, slated for April 26 here.



Conor Lucas-Roberts crosses the finish line in 19 minutes, 55 seconds during the seventh annual Headquarters Battalion Surf and Turf 5k run here Saturday. Lucas-Roberts won the race in the overall male category.



# SPOTLIGHT ON SPORTS

## — SPORTS BRIEFS —

### Coaches’ Meeting

The organizational softball coaches meeting will be held April 8 at 2 p.m., in the Semper Fit Center’s basket-ball gym.

For more information, contact Joe Au at 254-7591.

### Beginner Outrigger Canoe Paddlers Wanted

Windward Kai Canoe Club in Kailua recently provided beginner outrigger canoe paddling classes for Marines from Marine Corps Base Hawaii.

Several Marines are now training for the summer racing season. WKCC practices at Kailua Beach and welcomes active duty and family members (18 and over) to partici-pate in this Hawaiian sport and culture.

The club is especially seeking to field a beginner wom-ens’ crew to race this summer. No experience is necessary and all training and equipment are provided.

For more information, call Derrel at 383-0400 or Greg at 255-9977.

### Youth Soccer Registrations Begin

Registration for youth soccer leagues offered by the Office of Youth Activities will be held April 1-31. The leagues are open for base youth ages 5-17. Games will be played on weekends on base as well as interplay with Pearl Harbor and Hickam teams in the Hawaii Military Youth Athletic Association. Each team will receive a minimum of eight games.

Practices are slated to begin June 2. Games start June 28 and continue through August 15. Players will get a team jersey, shorts, and socks which they can keep at the end of the year. Volunteer coaches are needed. Coaches will receive a discount if they have a child in the league.

The cost for the league is \$65. Players must also be cur-rent Children Youth Teen Program members. To register, come by the Youth Activities Office located in building 1090, behind Papa John’s Pizza and the Annex.

For more information, contact Youth Activities at 254-7610.

### Women’s Base Softball Team

The women’s base softball team is looking for players. Anyone interested can attend their practice every Thursday from 6 to 8 p.m., at the Annex Softball field.

For more information, contact Meghan Brophy at 254-7590.

### All-Marine Women’s Softball

The All-Marine Women’s Softball coach will be here from April 29 through May 5. He’ll be looking for players for the All Marine team.

For more information, contact Meghan Brophy at 254-7590.

### Goju-Kan Karate

Aspiring martial artists can participate in Goju-kan Karate Monday, Wednesday and Friday at 5:30 p.m. at Building 1090’s multi-purpose room (the old Base Chapel).

Sign up at Youth Activities, or call 254-7610 for more information.

### Youth Gymnastics/Dance Class

Youth of all ages can attend gymnastics and a variety of dance classes Monday through Saturday at Building 1090. Classes are at varying times in the morning, afternoon and evening, so interested parents and youth should stop by Youth Activities for more information. Classes include dance, hula, tumbling and more.

For more information, call 254-7610.

### Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, call 664-0184.

### Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter pack-ages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu’s South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

### Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp H.M. Smith.

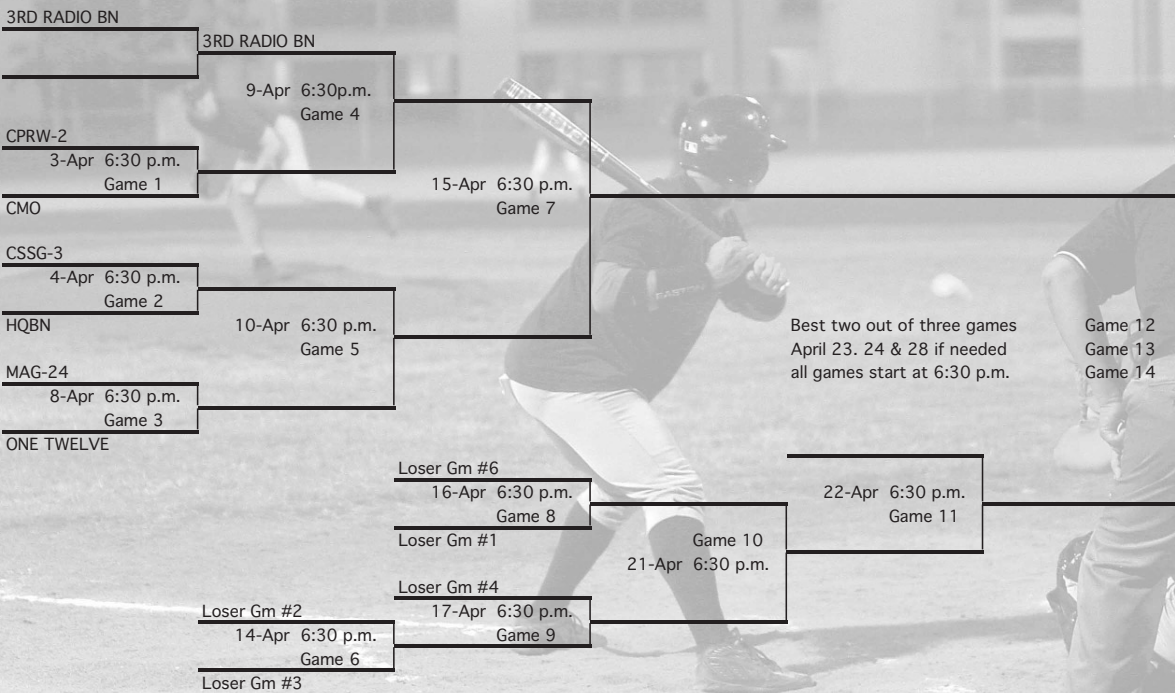
## 2008 Intramural Baseball Standings

TEAM	WINS	LOSSES	TIES
3RD RADIO BN	8	1	
MAG-24	8	3	1
CPRW-2	6	5	
CSSG-3	6	5	
CMO	3	7	
HQBN	2	8	1
1/12	1	5	

Standings as of March 31



## 2008 Intramural Baseball Playoffs



## Getting air ‘cool’ — no helmet ‘not cool’



Lance Cpl. Alesha R. Guard

Keanu Auwae, ninth grader at Kalaheo High School, flies up the ramp at the skate park on base Tuesday afternoon. Auwae said he's been skating for about 2 1/2 years. The park is located off Mokapu Road, near the tennis courts and across from Hawaii Loa Housing. The park is open from sunrise to sunset for all in-line skaters and skateboarders. Though wearing a helmet is not mandatory off base, Marine Corps Base Hawaii requires all who use the base skatepark to wear a helmet.

## Be cool at the Base Pool!

### Spring hours

#### Open Swim

Tuesday through Friday 1 to 5 p.m.  
Saturday and Sunday Noon to 5 p.m.

#### Adult Lap Swim

Tuesday through Friday 11 a.m. to 1 p.m.  
Saturday and Sunday lanes available Noon to 5 p.m.

#### Water Aerobics

Tuesday and Thursday 11:30 a.m. to 12:30 p.m.  
Saturday 10 to 11 a.m.

The pool is closed on Monday.  
Swim lessons are available for infants to adults.  
Lessons are open to all active duty, family members and DoD employees.  
For more information about hours of operation or times available for les-sons, call Dino Leonard a 254-7655.





# HEALTH AND WELLNESS

## Teen sleep: Why is your teen so tired?

**Press Release**

*LIFELines*

Everyone has an internal clock that influences body temperature, sleep cycles, appetite and hormonal changes. The biological and psychological processes that follow the cycle of this 24-hour internal clock are called circadian rhythms.

Before adolescence, these circadian rhythms direct most children to naturally fall asleep around 8 or 9 p.m.

But puberty changes a teen's internal clock, delaying the time he or she starts feeling sleepy, often until 11 p.m. or later. Staying up late to study or socialize can disrupt a teen's internal clock even more.

**Too little sleep**

Most teens need about nine hours of sleep a night to maintain optimal daytime alertness. But few actually get that much sleep regularly. Part-time jobs, homework, school activities and friends often are prioritized higher than is sleep. In fact, more than 25 percent of teens report sleeping only 6.5 hours a night or less, according to the National Sleep Foundation.

Big deal? Yes. Irritability aside, sleep deprivation can have serious consequences. Daytime sleepiness makes it difficult to concentrate and learn, or even stay awake in class. Too little sleep may contribute to mood swings and behavioral problems. And sleepy teens who get behind the wheel may cause serious, even deadly, accidents.

**Playing catch-up**

Catching up on sleep during the weekends seems like a logical solu-

tion to teen sleep problems, but it doesn't help much. In fact, sleeping in can confuse your teen's internal clock even more. A forced early bedtime may backfire, too. If your teen goes to bed too early, he or she may only lie awake for hours.

**Resetting the clock**

So what can you do? Don't assume that your teen is at the mercy of his or her internal clock. Take action tonight!

Adjust the lighting. As bedtime approaches, dim the lights. Turn the lights off during sleep. In the morning, expose your teen to bright light. These simple cues can help signal when it's time to sleep and when it's

time to wake up.

Stick to a schedule. Tough as it may be, encourage your teen to go to bed and get up at the same time every day, even on weekends. Prioritize extracurricular activities, limit working hours and curb late-night social time as needed.

Nix long naps. If your teen is drowsy during the day, a 30-minute nap after school may be refreshing. But too much daytime shut-eye may only make it harder to fall asleep at night.

Curb the caffeine. A jolt of caffeine may help your teen stay awake during class, but the effects are fleeting. And too much caffeine can interfere with a good night's sleep.

Establish a bedtime routine. Encourage your teen to wind down at night with a warm bath or shower, a book or other relaxing activities, and avoid loud music, video games, phone calls and Internet use in the half-hour before bed. Take the TV out of your teen's room, or keep it off at night. Minimize other noises that might disrupt your teen's sleep, such as TV in other rooms.

Go with the flow. Let your teen fall asleep at his or her natural bedtime for a few nights — no matter how late it may be, but insist on a fixed wake-up time. Then move the bedtime back by 10 to 15 minutes each night until you reach a reasonable bedtime.

Sleeping pills and other medica-

tions generally aren't recommended for teens.

**Is it something else?**

In some cases, excessive daytime sleepiness can be a sign of something more than a problem with your teen's internal clock. Other problems can include:

Medication side effects. Many medications — including over-the-counter cold and allergy medications and prescription medications to treat depression and attention-deficit/hyperactivity disorder, can affect sleep.

Depression. Sleeping too much or too little is a common sign of depression.

Sleep apnea. When throat muscles fall slack during sleep, they stop air from moving freely through the nose and windpipe. This can interfere with breathing and disrupt sleep.

Restless legs syndrome. This condition causes a "creepy" sensation in the legs and an irresistible urge to move the

legs, usually shortly after going to bed. The discomfort and movement can interrupt sleep.

Narcolepsy. Sudden daytime sleep, usually for only short periods of time, can be a sign of narcolepsy. Narcoleptic episodes occur most often after meals, but can occur at any time, even in the middle of a conversation. Sudden attacks of muscle weakness in response to emotions such as laughter, anger or surprise are possible, too.

If you're concerned about your teen's daytime sleepiness or sleep habits, contact your teen's doctor. If your teen is depressed or has a sleep disorder, proper treatment may be the key to a good night's sleep.



Courtesy photo

## CDC study reveals adults may not get enough rest or sleep

**Press Release**

*LIFELines*

About 10 percent of adults report not getting enough rest or sleep every day in the past month, according to a new four-state study released by the Centers for Disease Control and Prevention's Morbidity and Mortality Weekly Report.

The data from the four states; Delaware, Hawaii, New York, and Rhode Island may not reflect national trends. But an additional study conducted by CDC utilizing data from the National Health Interview Study indicated that across all age groups the percentage of adults who, on average, report sleeping six hours or less has increased from 1985 to 2006.

Nationwide, an estimated 50 to 70 million people suffer from chronic sleep loss and sleep disorders. Sleep loss is associated with health problems, including obesity, depression, and certain risk behaviors, including cigarette smoking, physical inactivity, and heavy drinking.

"It's important to better understand how sleep impacts people's overall health and the need to take steps to improve the sufficiency of their sleep," said Lela R. McKnight-Eily, Ph.D., the study's lead author and a behavioral scientist in CDC's Division of Adult and Community Health. "There are very few studies to assess and address sleep insufficiencies; therefore, more needs to be done to better understand the problem and to develop effective sleep interventions."

The study, "Perceived Insufficient Rest or Sleep — Four States, 2006," analyzed data from CDC's Behavioral Risk Factor Surveillance System survey. Among the four states, the percentage of adults who reported not getting enough rest or sleep any day in the past 30 days ranged from 14 percent in Delaware to eight percent in Hawaii.

People concerned about chronic sleep loss should consult a physician for an assessment and possible treatment, such as behavioral or medical interventions, McKnight-Eily said. They can also try setting a regular sleep schedule and avoiding caffeine or other stimulants before bed, she said.

Variation for insufficient rest and sleep may be due to occupational or lifestyle factors. The causes of sleep loss could include busy schedules or shift work; irregular sleep schedules; or lifestyle factors such as heavy family demands, late-night television watching and Internet use, or the use of caffeine and alcohol, according to a 2006 Institute of Medicine report. The National Sleep Foundation reports that most adults need 7-9 hours of sleep each night to feel fully rested while school children aged 5-12 years require 9-11 hours, and adolescents aged 11-17 years require 8.5-9.5 hours each night.

The study also found that the prevalence of insufficient sleep decreased with age. An estimated 13.3 percent of adults aged 18-34 reported insufficient rest or sleep everyday in the past month compared to only 7.3 percent of adults ages 55 and older. While some studies have found sleep disturbance

more prevalent among older adults, results from this study are consistent with other research that supports the idea that older adults (who are more likely to be retired) make fewer complaints regarding impaired sleep and adapt their perception of what encompasses sufficient sleep.

In addition, the study showed that only one out three (29.6 percent) of adults said they did get enough rest or sleep every day in the past month.

The MMWR report said the definitions of "enough" (sufficient) sleep and "rest," and responses to the survey question were subjective and were not measured or equated to reports of hours of sleep per night. The report said the analysis cannot be compared directly with studies measuring hours of sleep. The survey question also did not define or distinguish between "rest" and "sleep."

The study comes just before National Sleep Awareness Week, an annual campaign held in conjunction with Daylight Saving Time. For more information on National Sleep Awareness Week, held March 3-9, please visit Sleep Foundation.

For more information, visit CDC's Sleep and Sleep Disorders Program.



Courtesy photo





Ed Hans, third baseman, Combat Service Support Group 3 Outlaws, slugs the ball into the outfield during an Intramural Baseball League regular season game against Commander, Patrol and Reconnaissance Wing 2 Prop Guns at Riseley Field here Monday.

OUTLAWS, from C-1

day's game.

"We finally got everyone back from their deployments," said Benjamin Chester, Outlaws coach. "Today, it's all about hitting the ball and good defense. This game figures out who is third in the playoffs. If we win, we will have a better chance of getting through to the next round."

The Outlaws came out swinging in the top of the first, driving in eight runs before the Prop Guns could rally their defense. The Outlaws ran through their entire starting line-up with Steve Cappear, center fielder, scoring twice before the Prop Guns came up to bat.

"We've seen their pitcher plenty of times this year and

our batters were patient and swung at the right pitches," Chester said.

The Prop Guns attempted to rally in the bottom of the first, but the Outlaws' defense only allowed one run from Ryan Bruno, center field before ending first inning.

The Outlaws looked to increase their 8-1 lead over the Prop Guns in the top of the second, but were unable to overcome the defensive might the Prop guns mustered.

While their defense managed to hold off another Outlaws onslaught, the Prop Guns' offense showed signs of life when Jeff Daniels, pitcher, and Ben Thornton, third baseman, ran home bringing the score to 8-3 in the bottom of the second.

"We haven't given up yet," said Joey Weems, catcher, Prop Guns. "We started off rough, but we can pull through and some back."

Both teams' defenses stepped up their intensity in the next few innings, allowing only an occasional run here and there.

By the top of the sixth, the Prop Guns managed to decrease the lead the Outlaws had on them to five.

The Outlaws entered the sixth inning leading 9-4.

The Outlaws increased their lead to 12-4 in the top of the sixth when Juan Pena, left field, Rey Cruz, shortstop, and Brandon Miles, right field ran home.

Not to be out done by their Outlaw counterparts, the Prop Guns offense

responded with a three-run inning of their own, by bringing J.R. Berajas, catcher, Weems and Scott Lemecky, shortstop, home making the score 12-7 at the top of the seventh.

It wasn't the Prop Guns' day as their defense loosened up enough for the Outlaws to bring Cester, Pena, Cruz and Darian Velasquez, 2nd baseman, home, bringing the final score to 16-7.

With the win, the Outlaws clinched third in the regular season and enters the playoffs with a game against the Headquarters Battalion Warriors.

"Headquarters Battalion is a good team," Chester said. "We are going to do the same thing we did today, and hopefully we can improve our hitting also."

LEAGUE, from C-1

CSSG-3, swished three baskets to help his team get a 10-point lead with four minutes left in the half.

The ball flew from one end to the other as players sprinted to the hoop, trying to get a few more shots before the buzzer sounded.

Displaying their use of teamwork, 10 of the 14 players from CSSG-3 made a basket during the first half, leaving the score 25-6 at halftime.

Roberson led his team from the front by scoring 16 points on CSSG-3 throughout the game, while encouraging his teammates along the way.

"Most of our players are new to the academy, so we had a pretty new team this season," said Raphael Ramos, forward, SNCOA.

"Heart" was the name of the game, but the height and hustle from CSSG-3 couldn't be matched as they slowly wore down SNCOA for the win.

"I've really enjoyed the camaraderie within the team this season," Ramos said. "And I always like getting a good workout in."

The players of CSSG-3 continued to work the ball the last half, giving each teammate a chance to shoot. Their teamwork helped four of their players grab six points or more each, showing their team's unselfishness with the ball.

"No matter what, we are always having a good time," Franklin said. "Whether we lose or win, both on and off the court, we enjoy being around each other."

The final buzzer sounded, leaving CSSG-3 the victors, 62-22.



Isaac Tibayan, power forward, No. 14, Combat Service Support Group 3, shoots a long shot against Staff Noncommissioned Officers Academy during an Intramural Basketball League playoff game at the Semper Fit Center March 26.



Marine Corps Base Hawaii's 'D-Dogs' come down out of choreographed stunts, during the 6th Annual Aloha International Spirit Championship, Friday, at the Waikiki Shell.

CHEER, from C-1

Hobbs said despite certain unforeseen difficulties, the D-Dogs still managed to come together and perform at the championship.

"We overcame a few last minute problems," Hobbs explained. "We had a girl drop out at the last second so we had to change the whole routine last night. But they got it down."

For anyone familiar with the Marine Corps, no announcement would have been necessary to distinguish the D-Dogs from their fellow competitors. Dressed in the "Corps' colors," they marched from both sides of the stage toward each other in the middle to the sound of a remixed tape with none other than R. Lee Ermey's, marching commands from "Full Metal Jacket."

After their routine, the girls rejoiced excitedly for a hard worked performance.

"It was awesome," said 11-year-old Kaylah Davis, co-captain, D-Dogs. "Just having all those people watching us – it was a lot of fun. I think we did really good, 'cause we had to change the whole thing at the last minute and everyone did a good job learning it."

Hobbs said the choreography stood out because it had an important part integrated into it.

"We dedicated the routine to those who serve," Hobbs said. "I think they did a really good job with it. Had them march out like Marines to 'motivating music.' They worked hard, and it was a challenge – but coming



'D-Dogs' put the flyer in half-stunt Friday.

here made it all worth it."

Learning the routine and working so well together was easier since the team was so willing to learn, said Jennifer Burkett, assistant coach, D-Dogs.

"They were so eager to learn and willing to keep practicing," Burkett said. "I'm very proud to see how well they did, and a lot of them overcame their fear of being onstage. But all their hard work paid off, they loved doing their routine and we're definitely doing it next year."



# AROUND THE CORPS

## Combat conditioning at sea helps Marines beat heat

**Staff Sgt. Sergio Jimenez**  
*11th MEU*

**ABOARD USS TARAWA** — Marines and Sailors from the 11th Marine Expeditionary Unit took advantage of hot and humid conditions and a no-fly day to take part in acclimatization and combat conditioning drills on the flight deck here, March 26.

On deployment, the birds are always in the air and it is rare that the flight deck is available to train, “so we take advantage of it when we can,” said Staff Sgt. Adam Kryszczynski, 1st Section Leader, 81 Millimeter Platoon, Weapons Company, Battalion Landing Team, 1st Battalion, 5th Marine Regiment.

Battalion Landing Team 1/5 is from Camp Pendleton, Calif., and is the MEU’s ground combat element. The 11th MEU is currently on a seven-month deployment through the Western Pacific and Arabian Gulf Region.

This was one of the hottest and most humid days many



(Left to Right) Pfc. Christopher Santiago, Lance Cpl. Andrew A. Tescher, Pfc. Ryan Ortiz and Lance Cpl. Ivan C. Cenicerros, with Weapons Company, Battalion Landing Team, 1st Battalion, 5th Marine Regiment, 11th Marine Expeditionary Unit, Camp Pendleton, Calif., go on a combat conditioning run on the flight deck here during acclimatization training on a hot and humid day at sea.

of the Marines had seen on the deployment and it was also scheduled as a day off. But rather than take it easy, the Marines decided to turn it up a notch. So instead of beginning their training dur-

ing the cool morning hours, the Marines waited until the hot midday sun warmed things up outside.

So, while other Marines and Sailors were inside the ship relaxing, playing basket-

ball, dodge ball or in the gym, Lance Cpl. Ivan C. Cenicerros, a mortarman, from El Paso, Tx., was in combat gear taking part in patrolling formations exercis-

es and pushing himself through a grueling workout that included pushups, crunches, wind sprints and various combat conditioning drills.

It was the perfect opportunity to get, “our boys acclimatized and ready for the rigors of combat,” said Kryszczynski. “We never know when we’re going to get the call, so we have to always be ready.”

“Inside the ship, we live in a controlled environment, like in a bubble,” said Pfc. Ryan C. Ortiz, mortarman, from Augusta, Ga. “Training like this keeps us from getting too comfortable and keeps our bodies used to operating in hot and rigorous environments.”

According to Cenicerros, besides combat conditioning, the Marines and Sailors also practiced hand and arm signals and formation movement techniques to help them cross through dangerous areas when exposed to enemy fire.

After each team ran through an exercise, they

gathered as a group and critiqued each other and offered suggestions on how the team could do things differently, said Cenicerros.

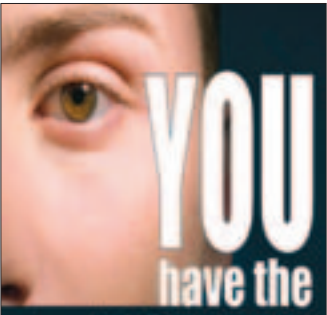
Other sections also ran fireman carry and stretcher-bearer relays to practice evacuating casualties from the combat zone, said Ortiz.

Today’s training was tough, said Ortiz. “But I’ve seen tougher.”

“We do acclimatization training at least once a month,” he said. “Last month in Kuwait, we did a two-and-a-half hour run in flak jackets. We started out slowly and worked our way up to that level to make sure nobody got hurt,” he said.



Ortiz and Cenicerros said they expect the command to push them further the next time they train to beat the heat. “They can count on it,” said Kryszczynski. “That’s how we stay sharp. We push each other to the limit.”

For more information about the 11th MEU, visit their Web site at <http://www.usmc.mil/11thmeu>.



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